



ARE YOU READY TO RACE?

Here are a few things that you may want to think of to make sure you are race-ready:

RACE PREP

- **Nutrition Preparation:** Increase complex carbohydrate intake 1-3 days prior to the race. (rice, pasta, potatoes, whole grains)
- **Hydration Preparation:** Drink plenty of liquid (90-120 oz/day) 3-5 days prior to the race, including water, fruits/vegetables, and hydration drinks. (Urine should be clear or pale yellow.) Add electrolytes if it is hot or humid.
- Limit the intake of caffeinated drinks such as coffee, tea, or soda as they can be dehydrating.
- **Rest and Sleep Preparation:** Aim for 7-9 hours of sleep a night 2-3 nights before the race and take rest days 2 days prior.

RACE DAY

- **Essential Gear:** Paddle, Medical ID bracelet, PFD (extra CO2 cartridge if using inflatable), Team Practice Shirt, Team Race Shirt, Race shoes, Gloves, Seat pad, a Chair
- **Hydration and Snacks:** Water bottles, (Add electrolytes if it is hot or humid) granola bars, protein bars, peanut butter, crackers, oranges, jerky. Snacks to Share
- **Sip water** consistently throughout the day of the race.
- **Sun Protection Items:** Hat, sunglasses with retainer strap, sunscreen, lip balm
- **Cooling Items:** Personal fan, cooling towel, frozen washcloth
- **Extras:** Phone, charger, towel, dry clothes, Sharpie

PADDLES UP!!!